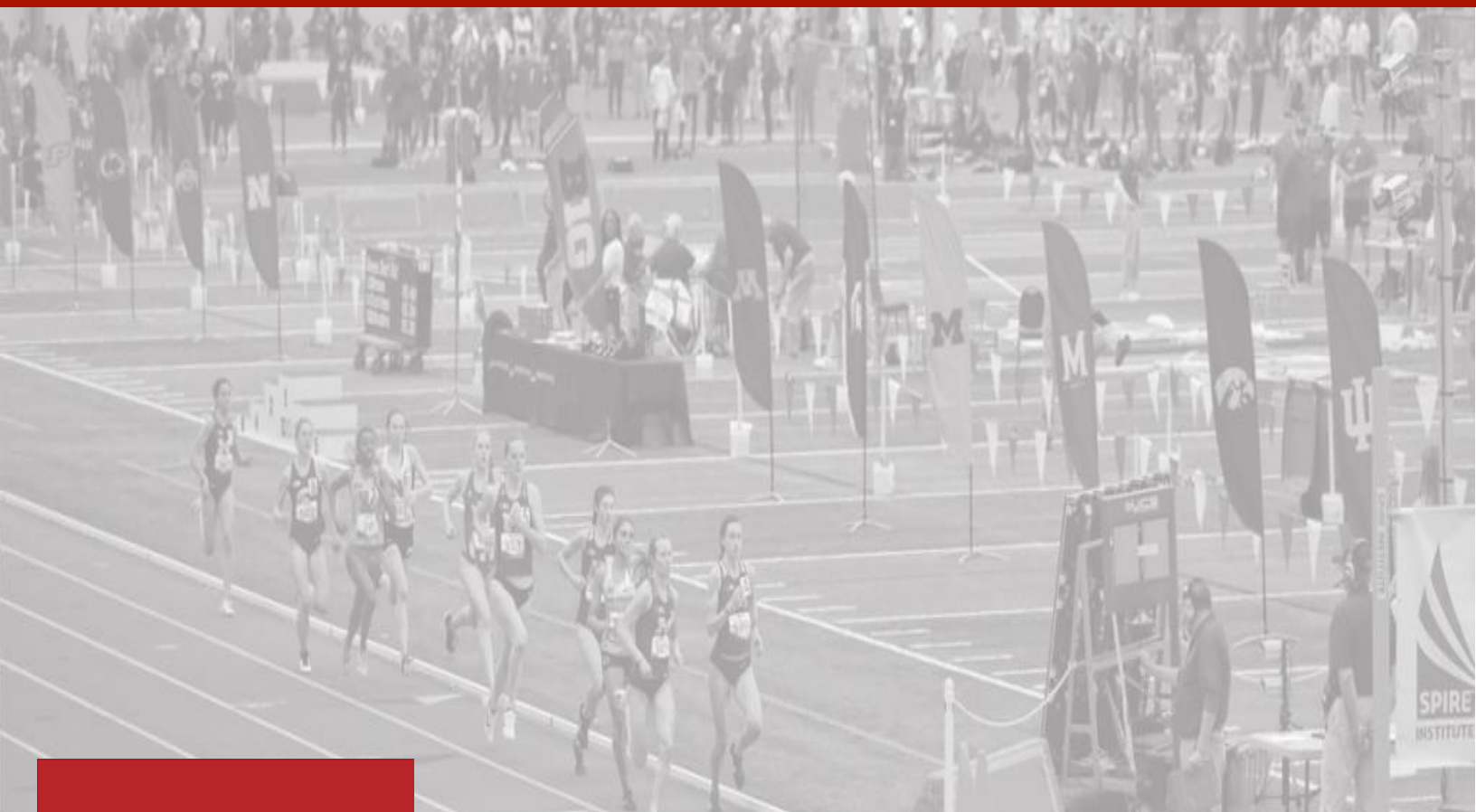


SPIRE Participant Guide

SPIRE High School Invitational 2024

January 13, 2024



The event guide contains a road map for teams and families attending an event here at SPIRE. We encourage you to share this information with parents, families and spectators that may be traveling to SPIRE. This information is provided to help everyone become more familiar with the SPIRE campus, food & beverage options, local attractions, parking, hotel options and will provide a general sense of what to expect while attending an event at SPIRE.

MEET DIRECTORS:

Sue McGrath-Powell & Charlie Powell

MEET INFORMATION

Welcome to the SPIRE Holiday High School Classic Track & Field Meet. SPIRE High School meets provide the opportunity for top competition for high school track and field athletes in the Great Lakes Region, the USA and Canada. We run a quality event to allow athletes to display their talents against other top athletes. Multiple High School state and national qualifying performances have been posted here at SPIRE, and we look forward to athletes achieving many more in 2023-24.

Competition Date:

Saturday, January 13, 2023

Entry Deadline:

Enter the meet on MileSplit. Entry Deadline is on January 9, 2024 at 2:00 pm.

Entry deadlines may change to meet the need of the meet size.

Entries & Fees:

We charge an entry fee, **NOT** a competition fee

There are NO refunds for scratches or no-shows or non-accepted entries related to field size limits or athletes not meeting entry standards, etc.

Entry Fee:

Individuals = \$15 per event; Relays \$25 or maximum team entry fee of \$400 per gender

Maximum 4 entries per event per team (including relays) / 2 relays per team

PAYMENT: Online ONLY

**NO CASH PAYMENTS ACCEPTED. NO PAYMENTS ACCEPTED THE DAY OF THE MEET.*

RULES/GUIDELINES:

- After the entry deadline we will accept scratches ONLY.
- Day of entries will NOT be accepted.
- Every Team or Individual who competes MUST have a signed and completed Liability Waiver. Please, complete and return in advance to expedite check-in.
- NOTE: Individuals under the age of 18 who are NOT a part of a team competing in the meet must have their waiver signed by a parent or guardian.
- INDIVIDUAL WAIVER: <https://spirewaiver.paperform.co/>
- TEAM WAIVER: Print & Return to Cheslie Kamann – ckamann@spireinstitute.com
<https://www.spireinstitute.org/wp-content/uploads/2021/01/Team-Waiver-Events.pdf>

Entry Process:

Declarations:

- Your online entry must contain ALL of your entries **and** a full roster.
- There will be no additions or changes after the submission deadline for the entries.
- Depending on field size, one's event may be redrawn and announced throughout the meet. Please listen for notices and times.

Scratches:

- All running event scratches need to be done at the clerk's table. Field event scratches can be done at the event site with the head official on the day of the meet.

MEET INFORMATION CONT...

Event Check-In:

Track Events:

- All athletes must check in with the clerk.
- Track Athletes must check-in at the clerk's table approximately 45 minutes/3 events prior to the start of the race.
- Athletes who do not check-in with the clerk can be scratched from the event.

Field Events:

- All athletes must check-in at their event area **prior** to the first flight.
- Anyone that **does not** check in before the first flight can be scratched from the event.

Practice and Warm-Up times: Track area

- Athletes may warm-up on the track prior to the start of the meet.
- Once the meet begins, athletes may use the BACKSTRETCH and/or the extra high jump apron **if** available.
- Additional warm-ups may be made in the corridors of the track building.

Timing and Results:

Fully Automatic Timing will be provided by Lightning Timing. Live Results will be available online at www.lightningtiming.com or MileSplit Live

Safety Rules:

- In an effort to conduct a safe and quality meet for all participants, USATF - the NJSF - the NCAA strictly rule that **NO** electronic devices, including; headphones, cell phones or radios will be permitted inside the competition areas.
- This means the **ONLY** space where these devices are allowed is the spectator stands.
- These devices present a safety risk for competitors and officials.
- Please notify your athletes in advance that they can only use these items in the stands.
- **DO NOT** climb over railings, please use the stairs to get onto the track/infield

ABSOLUTELY NO TEAM OR INDIVIDUAL CAMPSITES ON THE INFIELD

Lane Preferences:

- For the 60m Dash and 60m hurdles, lane preferences will be as follows:
 - 10 lanes – 5, 6, 4, 7, 3, 8, 2, 9, 10, 1
 - 9 lanes – 5, 6, 4, 7, 3, 8, 2, 9, 10
 - 8 lanes – 5, 6, 4, 7, 3, 8, 2, 9
- For the 200m and 400m dashes, lane preference will be as follows: 6, 7, 8, 5, 4, 3, 2, 1.

Spike Limitations:

- Spike Length: Spikes no longer than ¼" (7mm) are allowed. Pyramid spikes **ONLY**.
- **NO** Christmas Tree, Needle or "Claw" type spikes allowed.
- Athletes whose spikes are found to be too long or improper will not be permitted to compete using those spikes.
- 3/8" / (9mm) Pyramid spikes are allowed in High Jump **ONLY**.

MEET INFORMATION CONT...

Field Event Flights:

- The order of flights will flow so the best athletes will compete in the final flights or assigned randomly.
- Athletes will all be given four attempts.

Starting Heights: (Approximate TBD at a later date)

- Boys Pole Vault - 9' 0" - 6 inch increments
- Girls Pole Vault – 7' 0" - 6 inch increments
- Boys High Jump - 5'0" – 2 inch increments
- Girls High Jump - 4'0" – 2 inch increments

Implement Weigh-Ins:

- Saturday 8:00 am – 10:00 am
- Implement weigh-in can be found at the North end of the track near the high jump/clerking area.
- All shots and weights **MUST** be weighed in and certified legal prior to warm-ups.

Pole Shipping:

- Please ship all poles to: **SPIRE Academy**
Attn: Tim Mack
5201 SPIRE Circle
Geneva, Oh 44041

Locker Rooms:

- There are locker rooms with full shower facilities available for athletes.
- Towels and locks must be provided by athletes.

Trainer:

- SPIRE may provide a certified athletic trainer who will be stationed near the finish line. They will provide first aid and ice only.
- Any other trainers please only allow those athletes that need treatment in your area.
- SPIRE does not provide taping, taping supplies or modalities.

Tickets:

- Saturday: General Admission \$10.00
- Children under 7 are Free

Participant Seating:

- Athletes are permitted to sit in the lower bleacher sections of the spectators seating.
- Teams are asked to save the red captain's chairs for spectators!

Spectator Seating:

- Only spectators are allowed to sit in the red captain's chairs for the meet.
- To view the Pole Vault/Throws only spectators, not athletes, are allowed to sit in the temporary bleachers.
- Spectators and Parents are **NOT** permitted on the track or infield, unless temporary seating is available.

SCHEDULE OF EVENTS

All schedules are tentative and subject to change. Finalized schedule will be circulated at a later date

Saturday, January 13

8:00 am - Track Venue open for Team Warm-ups and Implement Weigh-in

9:00 am - Track Venue opens to Spectators

10:00 am - Field Events begin (Weight-In ends)

10:30 am – Track Events begin

Saturday, January 13 – FIELD EVENTS

10:00 am Boys Shot Put (Girls to follow)

10:00 am Girls Weight Throw (Boys to follow)

10:00 am Girls High Jump (Boys to follow)

10:00 am Girls Pole Vault (Boys to follow)

10:00 - 12:00 pm Boys and Girls Long Jump (2 Open pits)

12:30-2:30 pm Boys and Girls Triple Jump follows Long Jump

Saturday, January 13 – TRACK EVENTS

Rolling Time Schedule Begins at 10:30 AM

Girls 4 x 800m Relay

Boys 4 x 800m Relay

Girls 60m Hurdle Prelims

Boys 60m Hurdle Prelims

Girls 60m Dash Prelims

Boys 60m Dash Prelims

Girls 4 x 200m Relay

Boys 4 x 200m Relay

Girls 1600m

Boys 1600m

Girls 60m Hurdle Final

Boys 60m Hurdle Final

Girls 60m Dash Final

Boys 60m Dash Final

Girls 400m

Boys 400m

Girls 300m

Boys 300m

Girls 800m

Boys 800m

Girls 600m

Boys 600m

Girls 200m

Boys 200m

Girls 3200m

Boys 3200m

Girls 4x400m Relay

Boys 4x400m Relay

Contact:

Sue McGrath-Powell (spowell@spireinstitute.org)

(440) 466-1002 x122



SPIRE PARTNER HOTELS

[Holiday Inn Express & Suites](#)

1831 Austinburg Rd, Austinburg, Oh 44010 | 440-275-2020
77 Rooms | 7 Miles from SPIRE

[Hampton Inn – Ashtabula](#)

2900 Gh Dr, Austinburg, Oh 44010 | 440-275-2000
72 Rooms | 6 Miles from SPIRE

[Hampton Inn by Hilton – Madison](#)

171 Water Tower Dr, Madison, Oh 44057 | 440-307-4450
82 Rooms | 6 Miles from SPIRE

[Holiday Inn Express & Suites - Madison](#)

1818 Water Tower Dr, Madison, Oh 44057 | 440-307-4449
81 Rooms | 6 Miles from SPIRE

[The Lodge & Conference Center - GOTL](#)

4888 North Broadway, Geneva, Oh 44041 | 440-466-7100
109 Rooms + 25 Cottage | 7 Miles from SPIRE

[Holiday Inn Express & Suites - Painesville/Concord](#)

11200 Gold Court, Painesville, Oh 44077 | 440-898-0900
84 Rooms | 19 Miles from SPIRE

[Best Western Plus – Mentor](#)

8434 Mentor Avenue, Mentor, Oh 44060 | 440-205-7378
49 Rooms | 24 Miles from SPIRE

[Courtyard by Marriott – Willoughby](#)

35103 Maplegrove Road, Willoughby, Oh 44094
440-530-1100 | 90 Rooms | 30 Miles from SPIRE

[Hilton Garden Inn](#)

700 Beta Dr, Mayfield, Oh 44143 | 440-646-1777
128 Rooms | 34 Miles from SPIRE

[Four Points by Sheraton Cleveland/Eastlake](#)

35000 Curtis Blvd, Eastlake, Oh 44095 | 440-461-8000
143 Rooms | 30 Miles from SPIRE

[Holiday Inn - Cleveland/Mayfield](#)

780 Beta Dr, Mayfield, Oh 44143 | 440-461-9200
115 Rooms | 34 Miles from SPIRE

[DoubleTree by Hilton Cleveland East – Beachwood](#)

3663 Park East Drive, Beachwood, Oh 44122 | 216-910-1286
404 Rooms | 40 Miles from SPIRE

[Embassy Suites Cleveland - Beachwood](#)

37775 Park East Blvd, Beachwood, Oh 44122 | 216-765-8066
40 Miles from SPIRE

[Holiday Inn Express – Newton Falls](#)

4185 State Route 5, Newton Falls, Oh 44444 | 330-872-6000
42 Miles from SPIRE

[Steele Mansion](#)

348 Mentor Ave, Painesville, Oh 44077 | 440-639-7948
19 Miles from SPIRE | 16 Rooms

[Residence Inn Beachwood](#)

3628 Park East Blvd, Beachwood, Oh 44122 | 216-831-3030
40 Miles from SPIRE | 174 Rooms

[Hampton Inn Cleveland/Beachwood](#)

3840 Orange Place, Beachwood, Oh 44122 | 216-831-3735
41 Miles from SPIRE | 139 Rooms